



LONG BRANCH

Senior Center

8700 Piney Branch Rd., Silver Spring, MD 20901 • 240-777-6975

JULY 2018



Summer Exercise Class Schedule,

Senior Fit:	Mon and Wed at noon
Zumba\$:	Thursdays at noon
Tai Chi:	Fridays at 10 am
Exercise w.Norah:	Tuesdays at 12:15
Better Bones:	Fridays at noon



Join us for our annual Independence Day
Barbecue

Tuesday July 3rd, 12 – 2

Sing Patriotic Songs and eat Hot Dogs,
Hamburgers chips, side dishes
And Dessert.

Regular lunch donation

Sign up at the welcome desk on the second floor
or call 240/777-6975

Watch the 5 part Planet Earth BBC
Documentary Series.

One hour DVD's played daily from 11 – 12
Monday July 16th thru Friday July 27

TECH CONNECT

Come to the Long Branch Senior Center
To learn from the best!

High School Students will be here to give
individualized, 30 or 45 minute help sessions
where you need it most.

Help as needed with using smartphones, tablets,
eReaders, cameras, laptops, computers, social
media, e-mail, etc.

Monday July 2nd and 23th, Wednesday July 25th

9:45 – 12.

Sign up at 2nd floor Welcome Desk
Free



A limited number of **Farmers**
Market Coupon Books will be
distributed to low income seniors (age
60 and over) on Thursday, July 5,
2017 at 10:00 am at this location. Doors open at
9:30 am.

PLEASE DO NOT COME EARLY!!!!
WE ARE USING A LOTTERY SYSTEM

You may need to wait for a while before
you will know if you will get a coupon
book. So please plan to be patient!

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator at 240-777-4925 to discuss your need.

Monday - Friday • 9:30 – 2:30 Lunch served daily at 1 pm.

CLASS AND PROGRAM DESCRIPTION

**Note: All programs are free except when indicated. All programs are subject to change.
Call our office at 240-777-6975 if you have any question, thank you.**

Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the center. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services: 240-777-3000.

AFTA: Arts for The Aging – A local 501 C-3 Organization, AFTA's Mission is to engage older adults in health improvement and life enhancement through the arts. Their artists bring programs to LBSC monthly. Check the calendar for schedules.

Better Bones Osteoporosis Exercise Program:

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

Blood Pressure:

Nurses from Washington Adventist Hospital are here the second Monday of every month to check your blood pressure. 10:30 – 12.

Ceramics & Painting

Mons and Weds (check schedule for exact dates). Local artist Carol Clatterbuck teaches the craft of painting on preformed ceramics, followed by firing of objects in a kiln. Also, painting activities on Weds. \$3 per class.

Chinese American Senior Services Association (CASSA) Mondays, 9:30 - 1

Citizenship

Martine Portee from Baltimore City Community College, teaches seniors the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card. Tue and Thurs. 11-1. (check with center for exact dates)

Moving and Grooving

Walk at your own pace, around the gym. Dance and sing. Please have your Active Montgomery card.

Pickleball

Fridays from 10 – 12. We provide net, a few paddles and balls. Free

Zumba Gold

Thursdays from 12 – 1, all levels welcome. Drop in, \$1 per class.

Yoga in Spanish

Bring your own mat for this 1 hour class, and learn some Spanish while you exercise. Thursdays from 11 – 12, \$2.

Exercise with Norah:

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your endurance, boost your energy and improve flexibility. Mrs. O'Donnell is a health educator and a certified AFAA Fitness Instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this free 45-minute exercise program that starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, and flexibility This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the Center reception desk.

T'ai Chi for Seniors:

Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi. Fridays at 10. Free

The Vietnamese Senior Association of Maryland (VSAM)

Tuesdays. Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

The Vietnamese American Senior Association (VASA)

Thursdays. Contact Mr. Tony Bui 301 741 5834, or amsfv@aol.com.

Lunch: Served daily at 1 pm. Ages 55 – 59 pay full cost of \$5.67, those 60 and over pay with a donation. Sign up at registration desk on the second floor.

Exercise and Weight Room Senior Pass

Adults 55+ may register to use Long Branch Community Center's exercise and weight room or at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10-3. Appropriate attire is required. No hard soled shoes.

Outdoor Garden

We are always looking for volunteers to maintain our 4 raised beds and border gardens. There are 4 picnic tables with attached seats, and other chairs